

Dear Gluten Free Friends,

About Berry picking:

One year we found a Deluxe Cherry Pitter by Norpro that has a tray that funnels in the cherries making it a bit faster. We found it at a hardware store in Door County. As we were leaving Door County this time we saw a sign that said, "You pick, we pit". One year we found a place that had a machine that pitted for you for an extra cost. We liked that. At Choice Orchards they sell the common jar ring pitter and it works well, just takes a bit more time. With my 4 pails I pressure canned 16 quarts of cherries, dehydrated 8 trays, and froze 1 pint, and had some fresh. When I eat dehydrated fruit I eat just a few at a time, often on a bike trip or trip. I can tart cherries without any sugar, just the cherries with any juice that happens with them and may add a bit of water, if more liquid is needed. I pack cold and raw in the pressure canner. If anyone has questions about pressure canning, feel free to ask me. It seems that in Plover, canner is to be set for high altitude. Also the County Extension people know all the answers about canning. I use the canned cherries in smoothies for my husband with other fruit along with a slice of avocado and a slice of apple and a leaf of spinach. I will eat a very little fruit with a little of my homemade sugar-free goat yogurt. I make cherry cheesecake for my husband with organic sour cream and organic cream cheese, an egg, and no sugar. The recipe is on the website. I do not tolerate the cheesecake. It is always wise to eat / drink just small amounts of fruit at a time. First thing in the morning is a good time to drink / eat fruit as it takes out of you toxins. Eat your breakfast later and eat fruit at separate times than you eat meat.

I always add a disclaimer as what works for me may or may not work for you. My husband and I are a good example for that as he and I require different beyond gluten free diets and it works well keeping that in mind. Also we are not eating grains at this time and many healthy gluten free diets include grains and are tasty and you can then make that cherry pie GF. See that recipe for Pie Crust way below in this resource section. Yummy!

From Another July note:

Dear Gluten Free Friends,

Recipe for Strawberry (or fruit of your choice) Cheesecake:

Crust:

A bit less than 1 cup GF Almond Flour
2 T. Melted butter, Unsalted Organic Valley

Filling:

4 oz. Organic Valley Cream Cheese, full fat

1/3 Cup Organic sour cream; when I can, I use Kalona Supernatural (Amish farm)

(I buy these dairy Products at the Free Market in Appleton.)

1 1/3 C. Strawberries or other berries such as blueberries or tart cherries, or mixed berries that might also include cranberries, cherries, etc. This can be fresh, or frozen berries. If frozen freeze without sugars or syrup of any kind. Cherries can be homemade canned with no additives.

(It is important to not use more than 1/4 cup blueberries in a serving as that effects health of the heart. That means for sweeter fruit it would be even less than 1/4 cup. This information is shared in Track your Plaque Wheat Belly books. For ingredients I use information from Dr. William Davis and the books listed from gaps.me. These books you can get from the library. It is important to not use a lot of even natural sugars at a time even from fruits. I have adapted this recipe to be without chemicals, to be without refined sugars, to be low in all sugars.)

1 egg

A small drop of honey

(Keep it without much sweetener.)

Directions:

Mix almond flour with melted butter and pat in pie pan.

In a Cuisinart or blender or whatever you use for mixing, do the following:

1. Blend / mash berries, add drop of honey
2. Add cream cheese and blend well with mashed berries
3. Add sour cream and blend for a very short time
4. Add egg, blend for a very short time
5. Pour into pie pan
6. Bake for 50 min. At 300 degrees
7. Take a knife and run it around the edge of the pie pan and turn off oven and leave in for 10 more min.
8. Open oven door and pull out rack and let set 10 more min.
9. Cool on counter until cooled
10. Place in refrigerator for 4 hours before eating.

(Some of the above details help so the cheese cake does not sink.)

(I must note, I have made this for my husband who requires to also be GF. I can not eat this as I do not tolerate cow dairy or even that quantity of berries. Below is how I do pie for both of us in great moderation and variations to fit what each of us tolerate beyond gluten.)

My Strawberry or mixed berry pie:

1. In very small iron skillet or very small oven pie plate, I place a small quantity of rhubarb (not for my husband), fresh or frozen or canned a small quantity of strawberries or mixed berries. Frozen or canned berries are just pure berries with nothing added. No sugar added.
2. I bake in oven until done at 300 degrees.
3. When out of the oven and warm I top with Caprine Supreme Chèvre goat cheese or Organic Valley cream cheese (for my husband). Variations can also be adding my homemade yogurt (not for my husband), also in addition may add 1 or 2 T. Of almond flour.

Added note: Natural fruit also is a sugar, so use very little fruit. Almond meal is an enzyme inhibitor, so use very little, likewise use little dairy. This is a very small desert, but a wonderful tasty treat.

4. Yummy! GF, simple, chemical free, refined sugar free, small in quantity. All to work with my low enzymes. I do not eat this often.

A few tips on dehydrating fruit and herbs:

Use the booklets that come with the dehydrator.

I use NESCO, American Harvest Gardenmaster Food dehydrator. I bought mine at Fleet Farm.

I store the dehydrated **fruit**, packed tightly, in glass jars in a cool dark place. I will use dark jars when I have them. I store in a storeroom in my basement. At times I will use small jars, ready for travel.

I dehydrate each year the following fruits: strawberries picked at Sankey's berry Farm, tart cherries diced at Choice orchards in Door County, apples that are not real sweet such as Granny Smith, Wolf, or Whitney. I have my own Whitney Dwarf Apple tree.

I set heat on the dehydrator at 135 degrees for fruit. It takes about 25 hours. I use no pretreatment or chemicals, only using the pure fruit.

For strawberries I slice thin and put on trays. For tart cherries I pit and then stretch out a bit. (They have some wonderful pitters available, making it go faster,). For apples I peel/or not peel, core, and slice in rings.

I do not eat much dehydrated fruit at a time, as it is too much sugar (natural) for my digestive track to handle, not enough enzymes to deal with a large quantity. Low sugar is needed for heart healthy and is helpful for the gut. Yet dehydrated fruit is very healthy adding nutrients, just use in small quantities. I will take a small amount on a bike trip or a road trip. If I feel a little hunger, a few with some dried squash seeds and/or a little almond flour and/or a little cheese/goat cheese and/or a little "Real Salt" sea salt and/or some filtered water will satisfy and supply some needed nutrients.

I dehydrate **herbs** from my garden. Pick herbs when possible in early spring before they flower. Set temperature low on dehydrated at 105 degrees. Pick the herbs fresh early in the season. Rinse and spin dry, put on trays. Check for dryness before taking off trays. Basil takes longer to dry than most herbs. Store in jars with label. Dark jars or empty old herb and spice jars work well. Store in cool dark place. I put the herbs in a store room in the basement.

Notes on fruit in general:

gaps.me books talk about fruit, juice fruit in the early morning helps to take out toxins. For me, I use a little of my homemade goat yogurt with the fruit. My husband drinks the juice plain. Prior to the fruit, I also use a part of a teaspoon of fermented cod liver oil in the morning. Later in the morning I eat breakfast.

Remember for heart healthy and gut health use no more than 1/4 C. Blueberries at a time, which means for sweeter fruits, it might be less at a time. Dehydrated fruit is concentrated, so much less at a time. Do not eat fruit with meat meals, except for avocado, lemon, and tomato type fruits that often go with meats.

I have a **juicer** and juicing books and will often juice carrots along with a thumb size of ginger (fresh or kept frozen in my freezer), a little spinach, a little fresh or frozen parsley, and a small slice of apple. I also juice cranberries from the frozen ones I bought in season.

To put up for the winter:

I plan for my needs for the winter.

Canning cherries works well. I use no sugar.
I dehydrate cherries too.

To make grape juice, can around a cup of grapes in a quart of water, leaving seeds in the grapes, using no sugar. I drink the water/juice and leave the grapes. Sometimes when I have drunk all the juice in the jar and grapes are at bottom, I will add a bit more

filtered water and store in refrigerator for more juice flavor from the grapes and I will at times eat some / all of the grapes at the bottom of the jar and spit out the seeds for the compost. I grow my own grapes in my yard.

I pressure can and consider with the canner that we are actually at a high altitude in Stevens Point area, so I set accordingly.

I freeze and dehydrate strawberries.

I freeze blueberries from my blueberry patch and Chet's Blueberry Farm on J.

I buy cranberries in season and in the past People's meat market will carry them if you ask. I freeze them. I take them out of the freezer and put in a small bowl covered with filtered water to thaw a bit. I then put it through my juicer.

The solids that come out of my juicer I save during the week in glass jars and will add small amounts to a small bed of lettuce. I may add to my salad a few chunks of fresh Granny Smith Apples, a couple cranberries, perhaps a bit of fermented juiced from Sauerkraut, or a tiny bit of fermented vegetables such a fermented cucumbers or carrots, and a tiny bit of homemade goat yogurt. This concoction is in a small salad bowl and is just a little. It is eaten as a snack and not with meal. In season I may add fresh raw currants grown in my garden and stored in my refrigerator.

I always thought seeds had to be removed from currants and used more for jelly (then cooked and no enzymes for your enzyme bank), but checking online I found how raw currants can be easily eaten raw and stored for 2 weeks in the refrigerator. Raw currants have wonderful nutrition and when not baked are a bit sour, which like my granny smith apples helpful when avoiding high natural sugars. Even with currants and granny smith apples I eat in great moderation keeping even natural sugars low. Online are videos and information on how to work at pruning blueberries and currants in a proper way can increase the crop. Doing this, this past year, my currant crop was improved. I usually will save a few for the birds, but if I don't cover the blueberries with netting and don't harvest quickly the currants, the birds will take too much and not leave any for me. It is fun to plant natural vegetations (some that I do not eat) just for the birds and wild animals. I grow a prairie and trees and shrubs that have wonderful food for animals.

Fermented vegetable foods are eaten with using just a little added to a meal on the side. Recipes of fermented foods can be found in the book, Nourishing Traditions by Sally Fallon. It can be checked out from the library. You may have to request it from interlibrary loan. I just made a jar of fermented ginger carrots from one of her recipes. Last year 2020 I made many jars of fermented pickles, some large jars, and put in my refrigerators and this summer, this July, I am using the last jar. I also will use drops of the fermented pickle or sauerkraut juice to my salads along with my homemade goat yogurt. The gaps books explain how the two, yogurt and fermented vegetables are eaten, yogurt tightening up the stool, fermented vegetables loosening the stool. Both

need to be used in moderation and with that in mind. They are very healing for the digestive track.

www.culturesforhealth.com is a company that sells some of the products for fermenting foods as well as yogurt starters that are sugar free, nonGMO, and GF. Their website also includes some information on making fermented foods and they can be contacted if you have questions. I use their yogurt starter and they teach you how to continue that starter with the next batch.

All this said about fruits and vegetables, I want to say that from the books (listed on gaps.me), Gut and Psychology Syndrome and Put Your Heart in Your Mouth by Dr. N. Campbell-McBride, and now the third book, Gut and Physiology Syndrome (all available at the library) I believe that it is important to include meat in your diet to live a long life. So to store for the winter I also buy meat from the People's Meat Market as needed. They have wonderful healthy meats. I will at times order an organic turkey in season, buy lamb, poultry without chemicals, beef, and pork, including organ meats, and bones for bone broth soup.

Sincerely,

Elaine Rubel
